



### SIDELYING EXTERNAL ROTATION WITH TOWEL - ER

This ones super easy, but sometimes patients come in and have literally zero range of motion. If this is wayyy too easy skip it and go to the next exercise. Dr. Steve.

Lie on your side with your elbow bent to 90 degrees. Place a rolled up towel between your arm and the side your body as shown.

Squeeze your shoulder blade back and down toward your buttocks and hold that position.

Next, roll your arm upwards from your stomach area towards the ceiling while maintaining your arm against the towel and with your shoulder blade held down and back the entire time. Lower your arm and repeat.

Repeat 20 Times  
Hold 5 Seconds  
Complete 3 Sets  
Perform 1 Time(s) a Day



### FREE WEIGHT - EMPTY CAN

Use crazy light weight for this one. You don't want to activate your actual shoulder muscles, just your rotator cuff muscles. Dr. Steve.  
<http://www.glenabbeychiro.com>

While holding a weight with the top of your fist pointed downward, bring up your arm up from your side. Keep your elbow straight for this exercise.

Repeat 15 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



**FREE WEIGHT INTERNAL ROTATION - IR**

Again: 1 lbs to 8 lbs weight max for 99% of my patients. Focus on the muscles deep in your shoulder. Dr. Steve

Lie on your affected side and hold a weight with your elbow bent and rested near your side. Next, draw up your arm from the ground towards the ceiling.

TIP: Try to lie on your affected side but more towards your back with and off your shoulder. This may feel better and take pressure off your shoulder.

Repeat 15 Times  
 Hold 2 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day



**EXTERNAL ROTATION - SEATED - ER**

Lightttttt Weights .....

While seated, plant your foot on the bed or couch and place your elbow on your knee. Your forearm should be pointed towards the ceiling.

Next, slowly lower your hand towards the floor as you allow your shoulder to rotate inward and downward as shown.

Repeat 15 Times  
 Hold 2 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day



**HOLD-UPS WITH OVERHEAD SLIDE or chicken wings ---- Delicious..**

Done right, this is the worst out of the rotator cuff stuff, ask Dr. Steve to show you how pathetic his right shoulder is....keep everything against that wall and go flow from top to bottom.

Stand with knees straight and your heels, butt, back-ish, shoulder blades head against the wall. While leaning into wall with hands in hold-up position as pictured on left. Keep head, shoulder blades, and lower back flat against the wall. Slide the backs of both hands up the wall toward each other as pictured on right.

Repeat 10 Times  
 Hold 2 Seconds  
 Complete 2 Sets